

Filos Community Services

COGNITIVE STIMULATION PROGRAMME

(Conducted in English & Mandarin)

An evidence-based programme for persons with **Mild Cognitive Impairment (MCI)** and/or with **mild to moderate dementia**.

It utilises a **non-medication groupwork approach** to maintain and improve cognitive functions of participants. Activities are aimed at providing **mental stimulation, social interaction and sensory engagement**.



FREE*



Schedule

- **Dates:** 14 sessions from 3 Nov-18 Dec 2025 (*Every Mon & Thur*)
- **Time:** 10am - 11.30am
- **Venue:** 55 Chai Chee Drive, #01-222 Singapore 460055

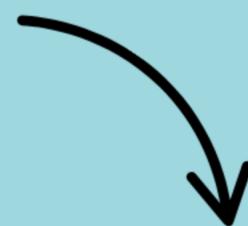
Cost: FREE (*for residents in the east of Singapore)

Benefits

- ✓ Evidence-based
- ✓ Improves quality of life
- ✓ Promotes mental stimulation

REGISTRATION LINK:

<https://tinyurl.com/FilosCSP-Nov2025>



or scan the QR code!



Filos Community Services

认知促进计划

(以英语和中文进行)

专为轻度认知障碍或初至中期失智症患者而设的循证计划。



通过小组活动的方式来维持和改善参与者的认知功能。所设计的活动提供脑部刺激、感官参与以及社交互动的机会。

*** 免费**



详情

- **日期:** 2025年11月3日至12月18日 (每周一和周四)
- **时间:** 早上十点至十一点半
- **地址:** Blk 55 Chai Chee Drive #01-222
- **学费:** 免费 (*仅限新加坡东部居民)



益处

- 经验证的计划
- 促进脑部刺激
- 提升生活素质

报名链接:

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或扫 QR 码!

